

not too florid: too
a sign of longevity.
the black; his skin
large—He has pro-
s are rather round
—his stomach does
ot too deeply cleft.
erior limbs are firm
a strong voice, and
siderable time with-
there is a complete
body. His senses
w and regular.
ood, and digestion
re to him of impor-
and tune his mind
asure which they
rely for the sake of
kind of delight, at-
at it rather increas-
ly, and has not too
sign of rapid self-

susceptible of joy,
essions of hatred,
e too violent. He
station and agreea-
re and domestic fe-
ars or riches of this
of to-morrow.

et restorer, balmy
existence of man.
a certain number
at it is but of little
pose is obtained.
s evidently the pe-
erience has prov-
with certainty ob-
so necessary for
efore midnight, is
time. The motto

TEMPERANCE.

Less than 300 years ago, the error began to prevail in Great Britain, that ardent Spirits, as an article of luxury or diet, or as an aid to labour is useful. The cause of this error was the deceptive feeling of those who used it, being in its nature a mocker it deceived them. By disturbing healthy action, and inducing disease, it created an unnatural thirst; the gratification of which, causes it to increase; and the end is death.

A writer in Scotland has stated, and it is illustrated and supported by facts, "Intemperance has cost the country more lives, demoralized more persons, beggared more families, broken more hearts, and sent more souls to perdition, than all other vices put together."

In England there is stated to be 1 insane person in every 1,000 of the population: in Wales 1 to every 800; and in Scotland 1 to every 574. A distinguished medical gentleman, who has had extensive experience with regard to this malady, states, "that more than half, and probably three-fourths of all the cases of insanity which have come under his notice, were occasioned by excessive drinking."

Judge Hale, after twenty years observation and experience had declared, "That if all the murders, and manslaughters, and burglaries, and robberies, and riots, and tumults, the adulteries, fornications, rapes, and other great enormities, which had been committed within that time, were divided into five parts, four of them would be the result of Intemperance."

The following document has received the signatures of four Professors of the Medical Faculty in the University of Edinburgh, of eleven members of the Royal College of Physicians, of the President and twenty seven Fellows of the Royal College of Surgeons, and of thirty four other medical Practitioners; 77 in all—(Report Glasgow Temp. Sec.)

"We the undersigned, do hereby declare our conviction, that ardent Spirits are not to be regarded as a nourishing article of diet; that the habitual use of them is a principal cause of disease, poverty, and misery in this place; and that the entire disuse of them, would powerfully contribute to improve the health and comforts of the community."

The following document is signed by 48 distinguished persons in Dublin, chiefly Physicians.

"We, the undersigned, hereby declare that, in our opinion, nothing would tend so much to the improvement of the health of the community as an entire disuse of ardent Spirits, which we consider as the most productive cause of the diseases and conse-